

2004-05 ICSEW Business Plan Committee: Health and Wellness

Committee Chair: [Jan Ward Olmstead](#), 360-923-2803

Committee Members: Robyn Bradshaw, Sue Brown, Tracie Hagy, Evelyn Harris, Sandy Machado, Connie Nabors, Lezlie Perrin, Ingrid Pharris, Julie Sjöholm, and Melanie Saunders

Goal: Expand knowledge of health and wellness with an emphasis on holistic health and promoting healthy behaviors to maintain balance through the journey of our lives.

Subcommittee Meetings: To be scheduled as necessary.

Objectives	Tasks	Member	Timeline	Status	Resources
Provide health and wellness information to ICSEW members and state employees.	✓ Research specific health and wellness issues focusing on holistic health and promoting healthy behaviors throughout the stages of our lives.	Committee	Ongoing	In progress	
	◦ Publish articles original or reprints with permission. (Minimum of six per year.)	Jan	Ongoing	Ongoing	
	◦ Promote health and wellness-related events through e-mail and the ICSEW Web site.	Jan	Monthly	Ongoing	
	◦ Distribute health and wellness information at ICSEW General Membership meetings and at activities and events.	Committee	Ongoing	Ongoing	
	✓ Develop matrix of health issues throughout life's stages.	Simone	Ongoing	Completed	
Establish a point-of-contact with state agencies to gather and distribute information to promote health and wellness activities to state employees.	✓ Coordinate guest speakers for ICSEW General Membership meetings.	Committee	Planning	Planning	
	✓ Facilitate 10–15 minute wellness activities at each ICSEW General Membership meeting.	Committee	Ongoing	Ongoing	
	✓ Compile a list of state agency health and wellness coordinators as contact points.	Sandy	9/30/04	Completed	
	✓ Promote use of ICSEW Listserv® for sharing information (once per month).	Jan	Monthly	implemented	
	✓ Develop survey to gather input from state agencies for future topics of interest.	Committee	Planning	In progress	
Promote healthy behaviors through statewide events.	✓ Explore collaborating with health care agencies to produce a statewide Health and Wellness Fair.	Committee	May	Completed	\$500.00
	✓ Participate in Awareness Events for specific health issues with national and state events, for example:	Committee	May	Completed	\$200.00
	◦ Women's Health Week (2 nd week in May)				
	◦ Breast Cancer Awareness Month.				
	✓ Explore facilitation of Brown Bag Events for state employees.	Planning	Planning	Planning	\$ 50.00
TOTAL					\$750.00